

Surgery for Slipping Rib Syndrome; Results from Oslo University Hospital

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Introduction: Slipping Rib Syndrome (SRS) is a condition caused by hypermobility of the lower costal cartilages and causes chronic pain. This patient group has often been neglected. We aimed to investigate the effect on pain-relief and quality of life in patients undergoing surgical treatment for SRS at our institution.

Methods: A retrospective analysis and a qualitative follow-up of patients treated for SRS was performed. We included patients operated from January 2022 to May 2025 and followed up all patients in June 2025.

Results: Thirty patients, 57% female and 43% male were included. Median age was 35 years. Twenty-eight patients underwent costal cartilage or rib resection, and two patients underwent additional stabilisation with sutures or plates. Revision with further resection of costal cartilage was required in two patients. Median time from surgery to follow-up was 9 months. On a scale from 0-10, median preoperative pain score of 8 decreased to 4 postoperatively. Quality of life increased postoperatively to a median score of 7,5 from a preoperative score of 5. Symptoms of depression were reported preoperatively in 82,8% of patients, in contrast to 51,7% postoperatively. Overall median surgical satisfaction was 7.

Conclusions: SRS causes life disturbing pain and can be a disabling condition for many patients. A significant number of patients can benefit greatly from surgical treatment. In our experience, simple costal cartilage excision is the most effective surgical treatment for SRS. We believe that this patient group deserves attention, and resources should be allocated so that necessary treatment is given.

Results of robotic-assisted versus video-assisted thoracoscopic surgery for lung cancer in a mixed practice medium volume hospital: a propensity matched study

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The authors have chosen not to publish the abstract

Improvement of cardiorespiratory fitness after elective cardiac procedures

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